TADA COLLECTIVE
CORPORATE WELLBEING

Workplace Wellbeing Programmes

About our business

Many organisations genuinely care about employee wellbeing.

The challenge is that wellbeing often becomes reactive, only receiving attention once stress, disengagement or burnout have already started to affect people and performance.

Tada Collective provides preventative wellbeing programmes designed to help employees manage stress more sustainably, improve self-awareness and create healthier ways of working.

What makes it different?

Our sessions create space for employees to pause, reset and develop practical tools they can apply in everyday life.

Live, not on demand. Embodied, not theoretical.

Rather than relying on a single approach, our sessions integrate:

- Applied psychology
- Mindfulness
- Movement and nervous system regulation practices

Every programme is tailored to the unique needs, challenges and realities of your people and organisation.

Who is it suitable for?

Organisations looking to support:

- Stress prevention
- Employee wellbeing
- Burnout reduction
- Sustainable performance
- Resilience and self-awareness
- Healthier workplace cultures

Particularly valuable for SMEs and values-led teams operating in demanding, fast-paced or high-responsibility environments.

Programme Formats

Our offer typically includes:

- One-off introductory sessions ('The Experience')
- 6-week wellbeing programmes ('The Reset')
- Ongoing wellbeing programme ('Sustain')

Programmes include weekly 45 or 60-minute sessions, delivered virtually or in person where appropriate.

Bespoke programmes can be designed based on your requirements.

About us

Tada Collective is led by Ivana, who delivers all sessions personally.

Her background spans psychology, yoga, and eight years in policy, strategy and leadership.

Her approach combines evidence-informed wellbeing practices with a highly practical and human-centred style, helping employees build sustainable wellbeing habits.